CONTENTS

PREFACE	**vii**
1. HISTORY AS BIOLOGY	**1**
GENES, MEMES AND COMPETITION	2
COMPLEXITY	5
WAR	14
BARBARISM AND CIVILIZATION	18
STATES AND WRITING	26
THE LAWS OF HISTORY	33
2. THE URNFIELD EXPANSION	**40**
CATASTROPHE AT THE END OF THE BRONZE AGE	40
THE EXPANSION CYCLE	46
AFTER EFFECTS	53
3. THE CITIES OF GREECE	**58**
THE GREEK SYSTEM	58
THE GREEK EXPANSION	68
THE END OF THE GREEK SYSTEM	77
THE HELLENISTIC WORLD	80
4. THE GAULS	**85**
THE CELTIC PREDECESSORS	86
COMPETITION AND IRON	91
THE GALLIC EXPANSION	96
ELITIZATION	100
5. THE RISE OF ROME	**112**
ON THE ETRUSCAN FRONTIER	112
RISE TO EMPIRE	119
THE END OF EXPANSION	128
ROMANS AND BARBARIANS	132
6. GERMANIC EXPANSION AND THE FALL OF ROME	**141**
EARLY EXPANSION	142
ELITIZATION AND STATEHOOD	150
EXPANSION RENEWED	159

The Third Wave 164
The Reorganization of the West 170

7. BETWEEN ANTIQUITY AND THE MIDDLE AGES. 183

Ireland 183
The Anglo-Saxons 186
The Slavs 192
The Vikings 197
Iceland 211

8. EUROPE IN THE MIDDLE AGES 229

The System Takes Shape 229
The Italian Subsystem 239
Knights and Soldiers 244
The Rise of Popular Power 250
Towards Europe 257

9. THE EUROPEAN SYSTEM IN THE MODERN PERIOD 264

Intensified Competition 265
Frontier Empires: The Benefits of Size 268
Expansion postponed 275
The Modern Expansion Cycle 278
The World System 290

10. OVERVIEW 295

Conditions 297
Competitive Systems 300
Expansion Cycles 309
Elitization 317

APPENDIX 1: COMPETITION AND EXPANSION OUTSIDE EUROPE 324

BIBLIOGRAPHY 327

Primary Sources 327
General 330

INDEX 357